

# Learn how to Live with Diabetes

You may know the steps you should take to stay healthy, but have trouble sticking with your plan over time. Here are some tips on how to cope with your diabetes, eat well, and be active.

## Cope with your Diabetes

Stress can raise your blood sugar. Learn ways to lower your stress. Try deep breathing, gardening, taking a walk, meditating, working on your hobby, or listening to your favorite music.

Ask for help if you feel down. A mental health counselor, support group, member of the clergy, friend, or family member who will listen to your concerns may help you feel better.

## Eat Well

Stress can raise your blood sugar. Learn ways to lower your stress. Try deep breathing, gardening, taking a walk, meditating, working on your hobby, or listening to your favorite music.

Ask for help if you feel down. A mental health counselor, support group, member of the clergy, friend, or family member who will listen to your concerns may help you feel better.

## Be Active

Set a goal to be more active most days of the week. Start slow by taking 10-minute walks, 3 times a day.

Twice a week, work to increase your muscle strength. Use stretch bands, do yoga, heavy gardening (digging and planting with tools), or try push-ups.

Stay at or get to a healthy weight by using your meal plan and moving more.

## Know What to do Every Day

Take your medicines for diabetes and any other health problems even when you feel good. Tell your doctor if you cannot afford your medicines or if you have any side effects.

Check your feet every day for cuts, blisters, red spots, and swelling. Call your health care team right away about any sores that do not go away.

Brush your teeth and floss every day to keep your mouth, teeth, and gums healthy.

Keep track of your blood sugar. You may want to check it one or more times a day.

Check your blood pressure if your doctor advises and keep a record of it.